



# Redefine Your Holiday Mindset . . .



If you are trying to lose weight or simply to follow a healthy diet, you may look upon the holiday season with mixed emotions, or even dread. Let's look at some ways your mindset can sabotage your weight loss/fitness efforts.

**All or Nothing Mentality:** Do you think of November & December as holiday months rather than holiday days? Remember Thanksgiving is only one day and mainly one meal during the month of November. You don't need to skip the whole month of exercise and healthy eating. It's tempting to ditch your workouts as your days are filled with preparations, but now more than ever, you need to stay active. Exercise will help you deal with added stress and give you energy for everything you need to do.

**Self-Sacrificing Mentality:** Do you put the needs of others before your own? While your lifestyle may be hectic, you will find that daily exercise and proper nutrition will actually help you get through your days easier. You will feel less stressed and actually have more energy to perform your daily tasks.

**Dieting Means Deprivation:** Do you avoid any attempts to lose weight and improve your health because you think you will have to give up all your favorite foods? In reality you will achieve long term success through eating in moderation and that includes your favorite foods. When you are faced with a holiday event, choose **one** thing to indulge

in and make it good. Pick something you only get during the holidays and you won't feel deprived.

**Negative Thinking:** This mindset is a definite roadblock to improving your health. Instead of thinking thoughts of failure, give yourself credit for trying to do something to improve your health. Make an effort to always stay positive in your journey. If you choose to start now, you can remind yourself you are actually 2 months ahead of those that are waiting until January 1 to start their wellness program.

**Happy Thanksgiving from all of the staff at The Wellness Center !**

## November Medical & Fitness Seminars



### Healthy Aging . . . Healthy Living

By Dr. Salvatore Lacagnina, Lee Physician Group

Thursday, Nov. 19 at 4:30 pm

2nd Floor Conference Room

### What's Going On With My Hands, Wrist or Elbow?

By Dr. Dennis Sagini, Joint Implant Surgeons of FL

Wed., Nov. 11 at 1:00 pm

2nd Floor Conference Room

### Brett's Basic Fitness Tips for Overall Wellness

By Brett Clayton, FGCU Intern

Tues, Nov. 17 at 11 am and Wed, Nov. 25 at 6:30 pm  
2nd Floor Conference Room

To register for these FREE seminars, please stop by the Front Desk or call 573-4800.

### Join The Challenge . . . 11 Weeks to Weight Loss

Your holiday "To Do" list needs to include you!

1. Do Cardio 3x/week
2. Do Strength Training 2x/week
3. Lose 10 lbs. By 12/24/09!

You choose your weigh-in day and set your weight loss target. Stop by the Fitness Desk to join.

### On The Calendar:

- November 5—On The Go Pizza Party in Conference Room after Business Mtg.
- November 7—Health & Safety Fair
- November 11—Open House
- November 11 & 19—Medical Seminar
- November 17 & 15 — Fitness Seminar
- November 26—Closed for Thanksgiving

### ***A professional difference***

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### ***Member Notices. . .***

***Change is Good!*** You may feel the time has come for you to change up your fitness routine. If you've been doing the same thing for awhile, see a fitness specialist to modify your workout. This is a service we offer members at no charge.

We invite you to **bring a guest to any of the seminars** at The Wellness Center, especially if you know the topic will be of interest to your guest. All guests will receive a Free 7-day guest pass.

Thank you for participating in our **Member Survey** this summer. We are glad to announce that we had a 98% Overall member satisfaction rate, including those that are delighted, very satisfied and satisfied.



***On The Go pizza party is scheduled for November 5th following the OTG business meeting upstairs in the conference room. Reservations are required, \$5 pp. Call Carolyn for details at 574-7228.***



### **Fun Facts**

**So what exactly is a "second wind"?** During the first few minutes of strenuous exercise, your body isn't able to pump oxygen to your active muscles fast enough, causing "air hunger." Your body gradually corrects this by feeding more air to those muscles, giving them — and you — a "second wind."



Wellness Health Education Network

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***Chile Sweet Potato Rounds*** — Spicy roasted spuds are a fresh alternative to mashed sweet potatoes

Heat oven to 400°F. Place 2 rimmed baking sheets on separate racks in oven to heat.

Peel and slice 4-5 sweet potatoes into 1/4 inch thick slices. Coarsely chop 4 dried red chile peppers and toss with potatoes, 3 Tbsp. Olive oil, 2 tsp salt and 2 Tbsp honey in large bowl. Remove baking sheets from oven and quickly arrange potatoes on pans in a single layer; return to oven. Bake 30 min. until golden and soft, turning potatoes halfway through.

Heat 2 Tbsp honey in microwave for a few seconds and brush over sweet potatoes. Transfer to serving dish, chop 1 red chile pepper and sprinkle onto sweet potatoes with parsley to garnish

Serves 6 to 8. Per serving: 184 calories, 5g total fat, 34 g carbs, 2 g protein, 4g fiber.



## **Start Now To Make Today Your Best Day!**

There is an ancient Chinese proverb: ***Knowing and not doing is the same as not knowing.*** If you consider yourself a "planner", you can identify with how planning makes you successful. Important accomplishments start with planning. Take five minutes at the end of every day to plan your exercises and meals for the next day. Now, you won't always stick to the plan perfectly, but if you fail to plan, you will tend to skip workouts and munch on whatever food is available at the moment. Consider your plan as a self-coaching tool. Don't feel guilty when the plan changes. Setting reasonable daily goals helps provide direction for your day.

Before going to bed, plan and write down in a daily planner your exercise for the next day. Do it like you would schedule a business meeting. Also plan your meals for the day. Always make sure you have on hand the healthy food choices and snacks that will make you successful.

By planning you are making conscious decisions about reaching your goals, rather than reacting to the moment which can allow circumstances to dictate your choices. One of the keys to success is to write down your goals. The act of writing down your goals is a commitment you make to yourself to work toward these goals. When you record your progress, you acknowledge your achievements and recognize you are taking the steps necessary to transform yourself into the healthy person you want to be.